

OUR THURSDAY PURE FOOD AND HOUSEHOLD PAGE

PURE FOODS AND THEIR PREPARATION, FOOD VALUES, HOUSEHOLD HINTS

'Left-Overs' Are Replaced By 'Planned Overs' Now In Well-Managed Homes

Purchase of Extra Large Cuts of Meat Provides for a Second Meal of Fresh Meat and Does Away With Unpopular Croquettes and Stews.

By MRS. CHRISTINE FREDERICK.

In many families there is a prejudice against the humble "left-over."

Husbands turn up their noses at croquettes, stews, and other scaled-down dishes, and the very idea that the food eaten is a left-over or a remnant causes prejudice against it.

One of the cleverest housekeepers I know told me the other day that she has banished the left-over, and in its place substituted what she laughingly called a "planned-over."

In telling me about it she said:

"Well, you see, in my family, just like in so many others, there is a dislike to left-over foods or anything that the family thought was a scrap disguised. Besides, I found that the amount left over in general was not sufficient to satisfactorily serve for a second meal. So this is what I did:

"When I planned the first meal I mentally saw what I could do on a second meal with part of the same material if I planned for it in the beginning.

For instance: "When I used to buy a steak with an inferior (all part I merely trusted to luck on some way of using up the tougher portions on the second day. Now I have the butcher in the first place cut off the tail and add to it about one pound more beef from the round and run it through the meat grinder twice.

"This gives me a second supper, either of Hamburg steak, meat loaf, or similar dish, and utilizes every bit of the inferior part of the meat which otherwise would be left from my first dinner."

"I do the same thing," she continued, "when buying a leg of lamb. Instead of buying the loin only, as formerly, I purchase both the loin, the rib chops, and the scraggy further and which comes with it. Which, by the way, I get for about 4 cents per pound less than if I bought merely the choice loin.

"I have three meals in mind at once. One is the regular roast loin; second, the chops for a second lunch or dinner, and, third, the scraggy end for stew or soup."

"I do the same thing in cooking all vegetables."

"You know, in the usual way," she went on, "we cook for just one meal and have a little dab left over that isn't enough to do anything with the second time and which merely makes a lot of small sauce dishes on the table."

"Well, now, I estimate how much of a vegetable it would take to serve us for two meals, and perhaps I buy an extra bunch, so that it will cover two meals. I cook the whole quantity one day and serve in any desired fashion."

"The second amount I do not use the following day, but on the third day, when I prepare it with some slight reheating, such as a cream sauce which saves a second long cooking."

"The very time to try this plan is the winter, because the cold weather permits foods to be kept so satisfactorily."

"You can't imagine the saving it is to me in time—not to mention fuel—that this method gives me. It seems to me that before I was always planning a dinner every single day or my life. Now I plan always for two days, and sometimes for three."

"This makes my marketing easier; besides, as I said, enabling me to buy especially meat, so much cheaper."

Here is an actual example of a woman

A Few Easy Recipes

Chicken Salad.

BEAT UP three eggs, add a dash of pepper, six tablespoons of vinegar, two tablespoons of prepared mustard, two tablespoons of peanut butter, salt to taste. Mix thoroughly and boil to consistency of cream. Cut cold boiled chicken into half-inch cubes and mix with an equal quantity of celery cut in small pieces, then combine with the above dressing. Serve on white lettuce

leaves and garnish with hard boiled eggs cut in eighths.

Scotch Pancakes.

Use one-quarter of a pound of self-raising flour, 1 egg, 1 teaspoonful of sugar, one-quarter pint of milk, a pinch of salt. Make a batter with the flour, egg and milk. Add the sugar and pinch of salt. Drop a tablespoonful of this mixture on a hot greased griddle, and when browned on the underside turn. These cones take about five minutes to cook.

They are equally good served hot or cold.

Rice Buns.

Use one-quarter pound of butter, one-quarter pound of sugar, one-quarter pound of self-raising flour, two cups of ground rice, two eggs, vanilla flavoring.

Cream the butter and sugar together by beating these until the sugar is quite dissolved and the mixture resembles thick cream. Add the beaten eggs, and also a few drops of vanilla, flavoring. Form the mixture into small rounds, press these flat into some crystallized sugar, and bake on a buttered baking sheet for ten minutes in a quick oven.



KNOX ALMOND CARAMEL

CHARLOTTE RUSSE

Soak 1 cup of granulated sugar in 1 cup cold water 5 minutes and let stand over hot water until dissolved. Combine 1 cup granulated sugar, add 1 cup boiling water gradually. Cool slightly (then add gelatin). When beginning to set add 1/2 cup or less blanched almonds, vanilla flavoring, and 1 pint whipped cream. Pour into mold lined with 1 dozen lady fingers. Put on ice until ready to serve. Decorate with maraschino cherries.

Economy

The housewife appreciates Knox Gelatine because it makes the greatest variety of dainty dishes, is easily prepared, and is most economical. A package of

KNOX
SPARKLING
GELATINE
(GRANULATED)

makes two full quarts of jelly—four times more than "flavored" packages.

Knox Gelatine is endorsed by pure food authorities, the National Housewives League, and domestic science teachers everywhere. Many new recipes for Desserts, Salads, Puddings, Ice Creams, and Candies—and the latest ideas in table setting—are in our

New 1916 FREE Recipe Book

Just send your grocer's name. Enclose a 2c stamp for pint sample.

Chas. E. Knox Company, Inc. 400 Knox Avenue, Johnston, N. Y.



BEECH-NUT
GRAPE JELLY

One of the Beech-Nut Pure Foods made by the

BEECH-NUT PACKING CO.
CANAJOHARIE, NEW YORK



A Smile

—accompanies every bite of bread spread with delicious Elk Grove Butter. The air-tight, germ-proof carton insures its purity.

At All Grocers.

Golden & Co.

922-928 La. Ave.
Wholesalers Only.

A SUPERIOR GUARANTEED ALUMINUM PERCOLATOR

With 1 Pound of

Burchell's
Bouquet
Coffee **\$1.25**

N. W. BURCHELL, 1325 F St. N.W.



Pure Cocoa means ground cocoa beans with the surplus cocoa butter removed—and nothing added.

That's Lowney's Cocoa

LOWNEY'S COCOA

At grocers, in tins, 10c to 50c sizes



Banish, forever, the trouble and vexations of oil lamps and oil stoves by having us install gas in your home.



You will never know the convenience and comfort of gas for lighting and heating until you have used it.

We are now prepared to equip your home with the necessary piping and fixtures at the least possible cost and allow you the privilege of paying for it in monthly payments—a small amount being added to your gas bill each month until the entire bill is settled.

ALL THIS WORK IS DONE WITH BUT LITTLE INCONVENIENCE TO YOU AND WITHOUT INJURY TO YOUR WALLS.

PLACE YOUR ORDER NOW—PAY LATER

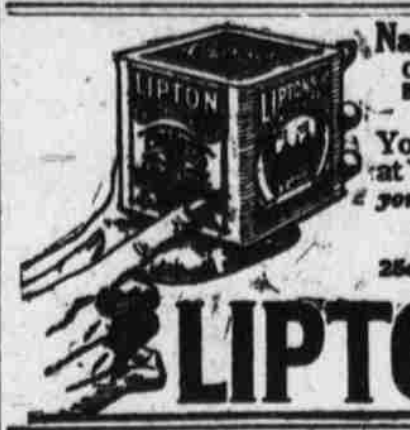
Phone Main 8284 or write us and our representative will call with full particulars, or if you prefer, come in and see the full line at our

Sales Department, 425 10th St. N. W.

Washington Gas Light Co.

ASK FOR and GET
HORLICK'S
THE ORIGINAL
MALTED MILK
Cheap substitutes cost YOU same price.

Why Storage Eggs?
When You Can Have Strictly Fresh Eggs Mailed Direct to You?
Try a Dozen Now. Only 35 cents
ELLIS M. McCLEES,
STAFFORD, VA.



Name the kind of tea you drink
Ceylon and India, Black, Fennel-Orange, Black and Green Blend, English Breakfast, Ceylon Green.
You will find the kind you like best at its best in a Lipton package at your grocers. No advance in prices.
Airtight 16 lb. tins
25c 30c 35c



Protect the Health of Your Home by Using

Rumford
THE WHOLESOME
BAKING POWDER

Makes all home baking more nutritious, more easily digested and better flavored. You save money and material by using RUMFORD. It stands for pure food and household economy.

APPROVED BY WESTFIELD BOARD OF HEALTH.
"Rumford Baking Powder keeps well and we believe it to be Safe, Efficient and Economical."
L. B. ALLYN, Analyst.
MAILED FREE, a copy of "Rumford Dainties and Household Hints." In their daily work housekeepers will find this a most useful and helpful book.
RUMFORD COMPANY, Providence, R. I.

Honey—Sweetness, Plus

When you eat or sweeten with anything but honey you're being content with mere sweetness. When you use honey you add to sweetness real, active flavor, maximum nourishment and absolute wholesomeness. Now—go further than just honey and use

Airline
Honey

—it is selected honey—unchanged by man but selected by honey students from the greatest honey yield for its clarity, fragrance and superior possession of all that makes honey so good. Packed to retain all its goodness and branded so you may be certain you're getting the very best of honey.

This is the "pure food honey" you saw and learned about at the Westfield Cooking School lectures.

Ask Your Dealer for Airline Honey—comes in jars or tins (just the pure extracted honey) or in the comb, packed airtight to preserve flavor, cleanliness and purity and to prevent substitution.

Our Honey Cook Book Free on receipt of your dealer's name and address.

THE A. I. ROOT CO., Medina, O.
"The Home of the Honey Bee"

COMB HONEY

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.

THE A. I. ROOT CO., Medina, O.